

MONDAY, JANUARY 25

- 6:00 AM | Blocking and Peeling: Collapse and Pursue
- 7:00 AM | Defense: Chase Digs Footwork, Torso Control and Stability
- 3:30 PM | Blocking and Peeling: Swatting/Delay Blocks
- 4:30 PM | Setting: Spread and Speed Offense

TUESDAY, JANUARY 26

- 3:30 PM | Defense: Bait and Switch Plays, Jukes and Strategy
- 4:30 PM | Attacking: Strategy and Range, Attacking from off the net.

MONDAY, FEBRUARY 1

- 6:00 AM | Attacking: Out of system/Transition Spacing and Offensive Design
- 7:00 AM | Blocking and Peeling: Collapse and Pursue
- 3:30 PM | Attacking: Pokie Offense
- 4:30 PM | Attacking: Pokie Offense

TUESDAY, FEBRUARY 2

- 3:30 PM | Defense: Chase Digs Footwork, Torso Control and Stability
- 4:30 PM | Defense: Diving and Single Arm Layout Digs

MONDAY, FEBRUARY 8

- 6:00 AM | Serving: Hybrid Serve
- 7:00 AM | Attacking: Eyework and Vision and Decisions
- 3:30 PM | Defense: Diving and Single Arm Layout Digs
- 4:30 PM | Defense: Bait and Switch Plays, Jukes and Strategy, Wrist Away, Power

TUESDAY, FEBRUARY 9

- 3:30 PM | Attacking: Eyework and Vision and Decisions
- 4:30 PM | Attacking: Upbeat/Downbeat Swings/Recycling

MONDAY, FEBRUARY 15

- 6:00 AM | Defense: Eye Work, Reading and Tells
- 7:00 AM | Attacking: Strategy and Range, Attacking from off the net.
- 3:30 PM | Defense: Bait and Switch Plays, Jukes and Strategy
- 4:30 PM | Passing and Serve Receive: Basic Passing Technique and Free balls

TUESDAY, FEBRUARY 16

- 3:30 PM | Attacking: Strategy and Range, Attacking from off the net.
- 4:30 PM | Setting: In system Bump Setting: Front and Back



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MONDAY, FEBRUARY 22

6:00 AM | Attacking: Placement/Shots

7:00 AM | Attacking: On 2 Attacking

3:30 PM | Attacking: Upbeat/Downbeat Swings/Recycling

4:30 PM | Blocking and Peeling: Reading the set. Positioning, and Where to Peel

TUESDAY, FEBRUARY 23

3:30 PM | Attacking: On 2 Attacking

4:30 PM | Passing and Serve Receive: Run to's and Run throughs *

MONDAY, MARCH 1

6:00 AM | Defense: Chase Digs Footwork, Torso Control and Stability

7:00 AM | Defense: Basic Defensive Positioning, Hand Positioning and Posture

3:30 PM | Passing and Serve Receive: Basic Passing Technique and Free balls

4:30 PM | Setting: Transition/Run to/Run Through/Out of the net Setting

TUESDAY, MARCH 2

3:30 PM | Defense: Basic Defensive Positioning, Hand Positioning and Posture

4:30 PM | Blocking and Peeling: Blocking Line ups. Hand Shape and Pressing

MONDAY, MARCH 9

6:00 AM | Blocking and Peeling: Collapse and Pursue

7:00 AM | Attacking: Swing Mechanics - Power/Snap, Cross-Body, Wrist Away, Power

3:30 PM | Setting: In system Bump Setting: Front and Back

4:30 PM | Passing and Serve Receive: Receiving Float Serves (Flat, Short, Deep)

TUESDAY, MARCH 10

4:30 PM | Setting: In system Hand Setting: Front and Back

MONDAY, MARCH 16

6:00 AM | Attacking: Eyework and Vision and Decisions

7:00 AM | Serving: Standing Flat Float (Flat, Short, Rainbow)

3:30 PM | Blocking and Peeling: Reading the set, Positioning, and Where to Peel

4:30 PM | Blocking and Peeling: Squat and Drop

TUESDAY, MARCH 17

3:30 PM | Defense: Digging Hard Driven Balls Low (Direct, Outside Body, Collapse)

4:30 PM | Passing and Serve Receive: Receiving Hard Top Spin



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MONDAY, MARCH 23

6:00 AM | Attacking: Strategy and Range, Attacking from off the net.

7:00 AM | Defense: Digging Hard Driven Balls Low (Direct, Outside Body, Collapse)

3:30 PM | Passing and Serve Receive: Run to's and Run throughs

4:30 PM | Setting: Setting in the Wind/Small Ball and Roll Sets

TUESDAY, MARCH 24

3:30 PM | Attacking: Timing Steps. Footwork, Armwork

4:30 PM | Blocking and Peeling: Dives and Jukes

MONDAY, MARCH 29

6:00 AM | Attacking: On 2 Attacking

7:00 AM | Attacking: Timing Steps. Footwork, Armwork

3:30 PM | Setting: Transition/Run to/Run Through/Out of the net Setting

4:30 PM | Passing and Serve Receive: Absorption / Small Ball

TUESDAY, MARCH 30

3:30 PM | Serving: Jump Float

4:30 PM | Setting: Spread and Speed Offense

MONDAY, APRIL 5

6:00 AM | Defense: Basic Defensive Positioning, Hand Positioning and Posture

7:00 AM | Serving: Jump Float

3:30 PM | Blocking and Peeling: Blocking Line ups. Hand Shape and Pressing

4:30 PM | Blocking and Peeling: Swatting/Delay Blocks

TUESDAY, APRIL 6

3:30 PM | Defense: Digging Hard Driven Balls High (Direct, Outside Body,)

4:30 PM | Attacking: Pokie Offense

MONDAY, APRIL 12

6:00 AM | Attacking: In-system Spacing and Offensive Design

7:00 AM | Defense: Digging Hard Driven Balls High (Direct, Outside Body,)

3:30 PM | Passing and Serve Receive: Receiving Float Serves (Flat, Short, Deep)

4:30 PM | Defense: Diving and Single Arm Layout Digs

TUESDAY, APRIL 13

3:30 PM | Serving: Jump Spike

4:30 PM | Defense: Bait and Switch Plays, Jukes and Strategy



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